THE

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Family Medical Guide

AND

HUSBAND'S & WIFE'S HANDBOOK.

Illustrated.

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Wishes to say the Pills proved QUITE EFFECTIVE, and for which she thanks you. SEVENOAKS, KENT.

To Mr L. Jackson,—

Please send to Mrs. A. by return 1 Box of Dr. Patterson's Pills 11/- "special." Mrs. A had some of the pills in December last, and FOUND THEM VERY EFFECTIVE, and think it best to send at once for the special strong ones.

YORK ROAD, ALDERSHOT.

Dear Madam,—

I am writing at once to let you know THAT I AM ALL RIGHT ; thanks to your famous pills.

Yours respectfully, Mrs. F. B.——,

KING'S LYNN.

Dear Madam,—

Having had one box of your Dr Patterson's Pills recently for my wife, THEY ANSWERED BEAUTIFULLY.

Mr. J. F——, HASSOCKS, SUSSEX.

Dear Madam,—

Enclosed please find 4/6 for a box of Dr. Patterson's Pills, the same that I had a few weeks ago. I may add my thanks for your advice about the strong pills, but I did not need them as the 4/6 Box was strong enoagh.

Yours faithfully,

Mrs. E.——, MILTON, STAFF.

Dear Madam,—

Just a line to say that the wonderful pills you sent HAD FULL EFFECT. N. LEWIS, RHAYADER, WALES.

Dear Sir,—

I am pleased to be able to tell you that your Pills were SUCCESSFUL in relieving my wife of her trouble.

Mr. L. F. W.——, BITTERNE, SOUTHAMPTON.

Manageress,—

On January last the 4/6 pills brought everything alright.

Mrs. E. M.——, THORNTON, NR. LIVERPOOL,

22500837066

"The truth, the truth, nothing but the truth."

Dear Madam,—

I am writing to let you know that I came on unwell last Friday, and I feel much better in myself and I think YOUR PILLS DESERVE GREAT PRAISE. I will always keep your name at hand. From yours truly, M.P——,

HENFIELD, SUSSEX.

Dear Madam,—

Have received Dr. Patterson's Famous Pills which have TAKEN GREAT EFFECT after taking the whole of both boxes. I am most thankful to you, and I shall always send at once to you if I should need them again. Thank you Dear Madam once again.

Believe me, yours sincerely, E. P.——

COWES, ISLE of WIGHT.

Dear Madam,—

I am pleased to write and thank you for sending the Pills so speedy, also to let you know THAT THEY HAVE HAD THE NECESSARY EFFECT, also thanking you for your advice about Special Strong ones. I would have sent for them if I had needed them. I will recommend these famous Pills in future to others.

Yours respectfully, H. H.——

GOVAN, BY GLASGOW.

Dear Madam,—

I write, thanking you for your Famous Pills you sent. The box at 2/9 were not strong enough, but the 11/- box SET EVERY THING ALL RIGHT, I am proud of it to-day and I am going to recommend them to my friends as a sure cure.

Yours truly, Mrs. J. Mc——,

FERNIEGAIR, BY HAMILTON.

Dear Sir,—

Many thanks for the promptitude with which you sent the 'Special Pills.' I am glad to be able to tell you that after taking them regularly for three days THEY HAVE HAD THE DESIRED EFFECT without in any way upsetting me. I shall always be pleased to recommend them when I have the opportunity, and if you care to make use of this testimonial you are quite at liberty to do so.

I am, yours faithfully, F. V. H——,

WEDNESFIELD, STAFFS.

Our other Testimonials are to numerous to mention.

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The Husband's & Wife's Handbook.

CHAPTER I.

THE DUTIES AND PLEASURES OF MARRIAGE.

THE subject of marriage interests all persons of both sexes, and enters largely in the thoughts of the young, even before they arrive at an age when capable of considering the various pros and cons of that interesting state. To young people the mere likelihood of remaining in a single state is thought of with repugnance. Everyone agrees that marriage is a divine institution, and that woman was formed as a helpmate for man, for was it not declared that "it is not good for man to be alone." It is necessary, therefore, that man should have a companion, both as a partner in his woes and

troubles and in his prosperity and joys. Woman's sensibilities are deeper and quicker than those of man, and she knows better how to sympathise with others. Once wedded, husband and wife should go through life together, without looking back into the mystic "might have been," and thus realise those noble words: "Two souls with but a single thought; two hearts that beat as one."

Aristotle says: "The marriage states gives peculiar scope for the exercise of the highest qualities of the heart. Therefore, it is highly honourable. The old fathers nearly all prized marriage and deprecated celibacy."

Tupper says: "Marriage is an emblem and an earnest of holier things unseen, and reverence well becometh the symbol of dignity and honour."

Marriage is the mother of the world, and preserves kingdoms, cities churches and heaven itself. Celibacy, like the fly in the heart of an apple, dwells in perpetual sweetness, but sits alone, and dies in singularity; while marriage, like the useful bee, builds a house, and gathers sweetness from every flower, labours and unites into societies and republics, sends out colonies, obeys kings, and keeps order, exercises many virtues, and promotes the interests of mankind.

Great happiness usually flows from the married state. The good man sees his children rising round him, he is proud of his offspring, and endeavours with all his heart to make them happy.

Well will it be with the young man if he has duly weighed the cares and responsibilities now gathering about him when he seriously begins to comtemplate entering into the marriage state. Has he done so? Have you done so? If not, you should carefully consider your position before so doing. Then, again, it may be asked: At what age should a man marry? Hardly two authorities will be found to agree to an answer to that question. In England the working classes, as a rule, marry much too early. On the other hand, we have the peoples of France, Holland, and Switzerland marrying much later. In some countries (for instance, in Germany) a young man has to prove himself to be in a position to support a family before he is allowed to get married.

If all were compelled to remain single until capable of marrying, a great deal of happiness would inevitably result, but that, of course, is an impossibility, therefore, it is best to look at the matter as it is, not as it should be. Early marriages are too often undoubtedly a bane, and should be discountenanced by parents who have the welfare of their children at heart.

It is a well-known fact that the cleverest men this world has seen have been born of parents that have reached a mature age.

It is a fact, too patent to be ignored, that a very large share of the unhappiness of this world arises from ill-mated marriages, but it is also true that

this might to some extent be averted if the parties would endeavour to lessen the differences between them by mutual approximation. Mayer says: "In general it may be established that the normal epoch for marriage is the twentieth year for women, and the twenty-fourth for men." The degenerating Romans fixed the ages for legal marriages at thirteen for females and fifteen for males. Plato fixed the ages at twenty and thirty, a much more reasonable period.

At another extreme we find Lycurgus, the Grecian legislator, placing the ages at seventeen for females, and thirty-seven for males. A moment's consideration of the physiology of heredity will disclose a sufficient reason why marrige should be deferred until the development of the body is wholly complete. The matrimonial relation implies reproduction. Reproduction is effected through the union of the ovum with the zoosperm. These elements are complete representatives of the individuals producing them being composed—as supposed—of minute gemmules, which are destined to be developed into cells and organs in the new being, each preserving its resemblance to the cell within the parent which produced it. The perfection of the new being, then, must be largely dependent on the integrity and perfection of the sexual elements. If the body is still incomplete, the reproductive elements must also be incomplete, and, in consequence, the progeny must be

equally immature.

The preceding paragraph contains a sufficient reason for condemning early marriage ; that is a marriage before the ages mentioned. It is probable that even the ages of twenty and twenty-four are too early for those persons whose development is uncommonly slow. But there are other cogent reasons for discountenancing early marriages, also drawn from the physiology of reproduction, to say nothing of the many reasons which might be urged on other grounds.

During the development of the body all its energies are required in perfecting the various tissues and organs. There is no material to be spared for any foreign purpose.

The reproductive act is the most exhaustive of all vital acts. Its effect upon an undeveloped person is to retard growth, weaken the constitution, and dwarf the intellect.

The effects upon the female are even worse than those upon the male, for, in addition to the exhaustion of nervous energy, she is compelled to endure the burdens and pains of child-bearing when utterly unprepared for such a task, to say nothing of her unfitness for the other duties of a mother. With so many girl-mothers in the land, is it any wonder that there are so many thousands of unfortunate individuals who never seem to get beyond childhood in their development? Many a man at forty years is as childish in mind, and as

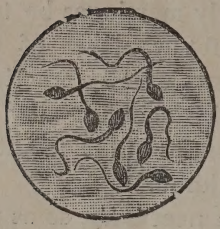
immature in judgment, as a well developed lad of eighteen would be. They are like withered fruit plucked before it is ripe; they can never become like the mellow and luscious fruit allowed to mature properly. They are unalterably moulded, and the saddest fact of all is that they will give to their children the same imperfections, mental and physical; and these will be transmitted to another generation, and so the evil will go on continually increasing, unless checked by extinction, with the effect of demoralising the population and filling the lunatic asylums.

Both nature and custom seem to indicate that the husband should be a little older than the wife. Several reasons might be given for this, but they need not be mentioned here. When, however, the difference of ages reaches such an extreme as thirty, forty, even fifty or more years, nature is abused, good taste is offended, and even morality is shocked. Such ill-assorted alliances are disastrous to both parties, and scarcely more to one than the other. An old man who forms a union with a young girl scarcely out of her teens—if indeed she is not less than twenty—can scarcely have any very elevated motive for his action, and he certainly exposes himself to the greatest risk of sudden death, whilst ensuring his premature decay.

Dr. J. E. Reeves, of Wheeling Va., tells us that: "Whether the charge made by some writers that much of the ill-health of our American women is

the immediate result of too early marriages be true or not, there can be no doubt whatever of the pernicious effect of those excesses usually practised during the first year of married life, and it may be that such abuse is one of the causes of the frightful mortality among first-born children."

After marriage great care is necessary, so as not to overtax the organs of generation by excessive indulgences, child-bearing, or in any other way. Husbands should understand this, not only for their own sake, but for that of their wives. Self-control should be the rule of life. Self-control is the last part of man's nature which has been developed, and it is not as firmly fixed in the brain as it will be in future. The chief reason why there are so many nervous diseases and so much insanity is because man's self-control has been entirely lost. The human mind is a good illustration of how useful is the power of controlling the sexual instinct and how much is lost when this power is deficient. Sexual health goes, as a rule, hand in hand with general health, and the reverse is generally the case.



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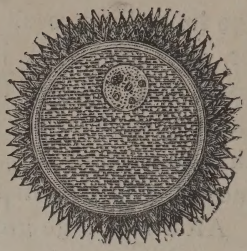

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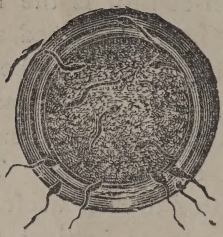

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EMBRYONIC LIFE.

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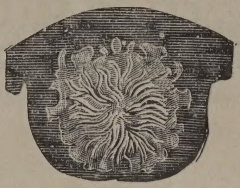

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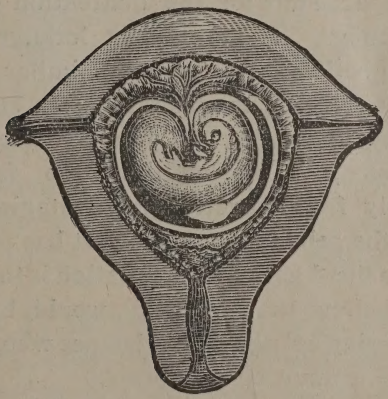

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EMBRYONIC LIFE.

CHAPTER II.

MARRIAGE AND ITS RESULTS.

MALTHUS, considered by many of the eminent professors of domestic and State economy to be one of the greatest benefactors of the human race, thus comments on the evils of early marriage: "The evils attendant on increasing too fast are not so immediately or obviously dependent on the conduct which leads to them, and this, in a great measure, accounts for the inattention of mankind to the subject. The imprudent indulgence of any of our appetites is followed by similar bad effects. If we eat or drink immoderately, we suffer; if we give way to anger, we injure ourselves or our neighbours; if we multiply too fast, we die miserably from poverty and contagious diseases. One of the principal reasons that has prevented an assent to the doctrine of population is the unwillingness to believe that the Deity, would, by the law of nature, bring beings into existence who, by the laws of nature, cannot be supported."

Late marriage is bad, politically, socially, and individually. Politically it would, if universally

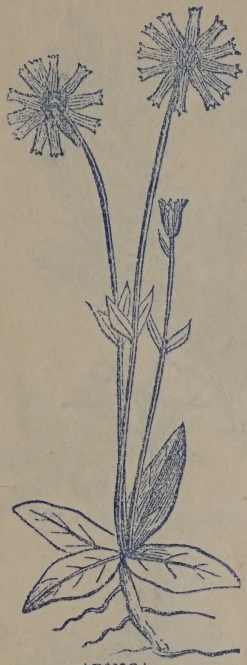
adopted, be injurious, because it would weaken the physique of the race, not only by the less robust health which long maintained celibacy would inflict upon the parents, but also because the children of those who marry late in life are not as strong and as vigorous as those which spring from parents in the full flush of their health and strength. Socially, late marriage is bad, because it implies a number of dwarfed and isolated lives, instead of a number of happy homes, radiating brightness around them on every side. And since late marriage does not, and never will, imply celibacy, it is the source of endless social corruption, degrading love into lust, and ruining thousands of helpless women, outcasts from all pure affection and respect, at once the children and the scourges of man's vice. How many women are annually sacrificed to constant child-bearing! Let anyone call to mind some merry girl, married at the age of twenty, and a mother at twenty-one. As each year passes it brings another child; the mother becomes paler and weaker with each successive birth; the children become more fragile as they too quickly succeed another. Ten years pass away; the mother at thirty is a worn-out shadow of her former self.

It cannot be too often stated that over-rapid child-bearing is ruinous to a woman's health, and that that teaching is immoral and mischievous which sacrifices the strength, happiness and useful-

ness of a woman's life to a Moloch of an imagined duty. The benefit to the husband will be as great as to the wife. Says Mrs. Besant: "We do not urge only that the limitation of the family is not immoral; we say that the immorality is the non-limitation, and that conjugal prudence is a duty imperative on all."

As we have pointed out, puny, sickly, short-lived offspring naturally follow over-production, as surely as night follows the day. Statistics are not wanted to prove that such children are peculiarly liable to idiocy. Weakly herself, the poor mother brings forth poor weakly children. "Thus are the accumulated evils of an excessive family manifest," says the worthy Dr. Duncan. Sismondi, the eminent historian, in discussing this problem, wrote: "When our true duties towards those to whom we give life are not obscured in the name of a sacred authority, no married man will have more children than he can bring up properly."

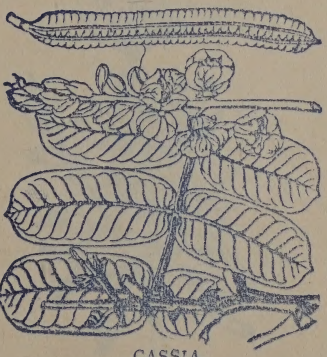
N.B.—See Chapter XII on "Ways and Means of Prevention."



ARNICA.

BLACK ALDER

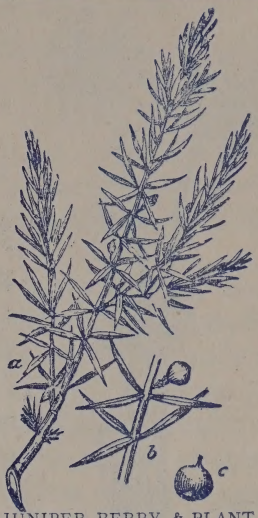
BLOOD ROOT.



CASSIA.

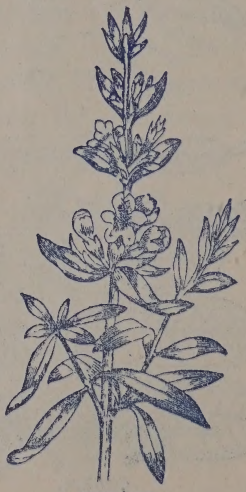
BALMONY.

MEADOWSWEET.



JUNIPER BERRY & PLANT

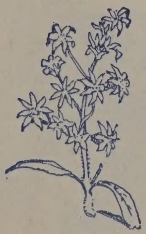
PENNYROYAL.



HYSSOP.

GRANESBILL.

CELANDINE.



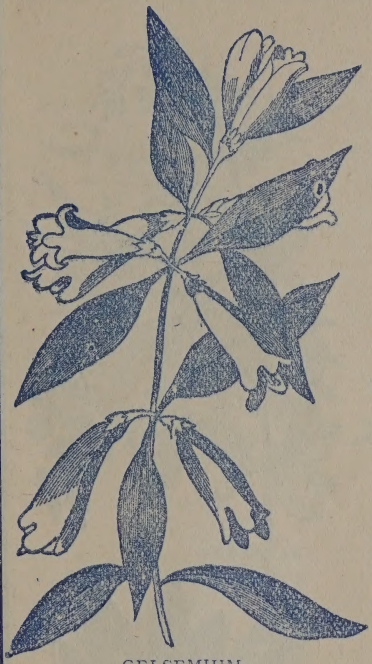
GOLDEN ROD.

EYEBRIGHT.

CAMPHOR.

PLEURISY.

ELDER.



GELSEMIUM.

IPECACUANHA.

WAKE ROBIN.

KOLA NUT.

ANGELICA.

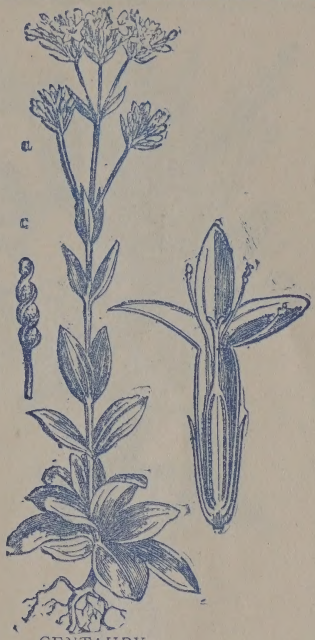
BARBERRY.

BAYBERRY.

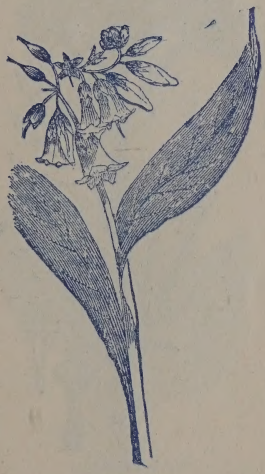
BROOKLIME.

BUCKBEAN.

ERINGO.

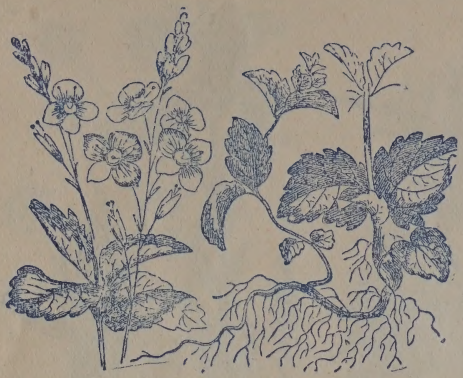


CENTAURY.



COMFREY.

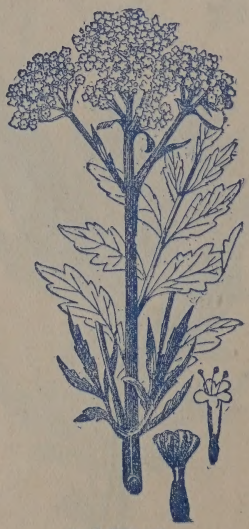
CAMOMILE.



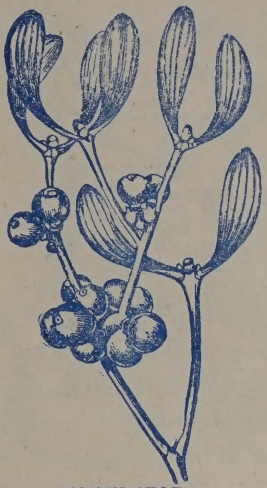
SPEEDWELL.

WORMWOOD.

VERVAIN.



VALERIAN.



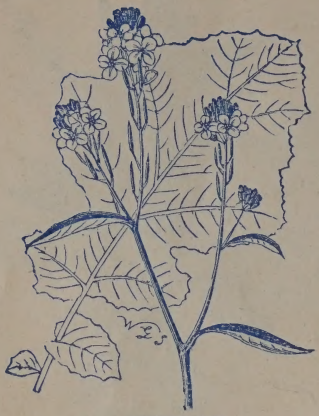
MISTLETOE

PELLITORY.

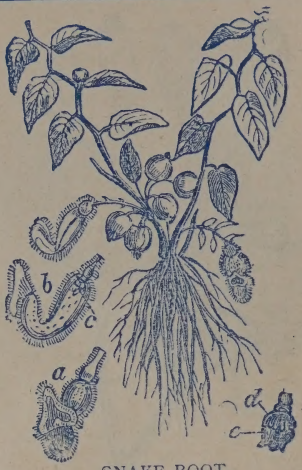
PLANTAIN.

MOUSEAR.

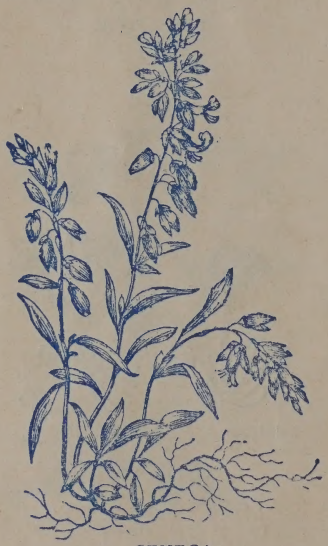
PIMPERNELL.



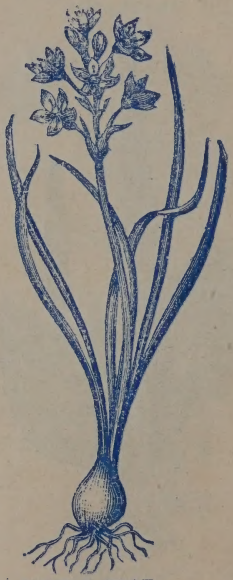
MUSTARD.



SNAKE ROOT.



SENEGA.



SQUILL ROOT.

CHAPTER III.

PARENTAL PRUDENCE.

WHERE one person can be persuaded to dispassionately argue the propriety or impropriety of limiting the number of children that should be brought into the world, ten will turn aside and refuse to discuss so important a problem. We ask all parties to lay aside prejudice and examine carefully this, the most important of all the social questions. In the first instance, who can deny that there is such an evil as over multiplication of the human species? We feel sure there can be none so bold as to deny so patent a fact. Should, then, the bringing into the world of a large number of off-spring be regarded as morally right or as some hold, radically wrong? In the case of the working classes (the greatest offenders and by far the worst sufferers), with whom it is nearly always a struggle to obtain the common necessaries of life, surely common sense alone should suggest to them the foolishness of unlimited procreation. Small wonder is it, indeed, that the labour market is flooded with unemployed when we see the "torrent of

children" so continuously rained down upon the earth. One eminent thinker most aptly described them as "the devastating" torrent, and many will be inclined to agree with him. Who has not seen instances of poor couples, in their generally squalid lodgings surrounded by their all too numerous progeny, most rickety and consumptive looking? And who, having seen, can deny that the parents would have been far happier and better off from every point of view had they but known of and practised a little parental prudence?

Woman—poor Woman!—has in this matter all the sours and not many of the sweets. Continual child-bearing undermines her health, and the continuous suckling of children renders her weak and unable to bear with equanimity the consequent wear and tear of mind and body. The husband, returning from his daily labours as bread-winner—the children's wants are many—finds a fretful wife and oft-times squalling children, and thus becomes a victim to his own imprudence. The rest and peace he seeks wherewith to refresh himself are not to be found beneath his humble roof, and too often the club or the public house is sought, the poor wife being left to fret her soul and worry herself into an early grave, the only place of rest for her maternal head.

The question is daily mooted in the public Press as to what can be done in the matter of the unemployed, and various remedies are suggested,

but while the present high birth rate continues we can scarcely expect to be without a large surplus population. We notice that one or two learned magistrates have delivered lectures to delinquents brought before them on the evils of early marriages and too frequent reproduction of the species, and to be logical they should endeavour to foster and encourage the spreading of the light; but Othello's occupation would we suspect, be gone and magistrates become as extinct as the great auk should parental prudence be adopted and the "torrent of children" stayed.

The detestable crime of abortion is appallingly rife in the land, and cannot too strongly be denounced. The woman thus seeks to find relief, forgetting that abortion is a crime which surely brings its own punishment. Hundreds—nay, thousands of women are suffering from womb troubles brought about solely by their own folly. Fortunately there are harmless remedies, foremost amongst which must rank Dr. Patterson's Famous Female Pills which act without harm and contain no irritative or dangerous drugs. (*See Advt. Pages*).

Prevention is much the better, in that it does no harm to either the male or female. In view of the injuries of excessive child bearing on the one hand, and of the prevalence of abortion on the other, a man of genius and sympathy, Dr. Raciborski of Paris, took the position that the avoidance of offspring to a certain extent is not only legitimate,

but should be recommended as a measure of public good. We know how bitterly some have been attacked for promulgating this doctrine; but if our ideas only render to society the services we expect of them, we shall have effaced from the list of crimes the one most atrocious without exception—that of child-murder—before or after birth—and we shall have poured a little happiness into the bosoms of despairing families, where poverty is allied to the knowledge that offspring can be borne only to prostitution or mendicity. The realisation of such hopes will console us under the attacks upon our doctrine.

If a women has the right to decide any question, it certainly is the one as to how many children she shall bring into the world. Wherever it becomes unwise that the family should be increased, justice—and also humanity—require that the husband should impose on himself the same restraint which is submitted to by the unmarried, or should adopt some method of prevention. There is no lack of authorities, medical and non-medical, on this point. Few who weigh well the pros and cons of this all-important subject will deny that there is such a thing as too large a family; that there does come a time when a mother can righteously demand a rest from the labours of child-bearing It is absurd for physicians and theologians to insist that it is either the physical or moral duty of the female to have as many children as she can possibly have. It is time

such an injudicious doctrine was discarded and the truth recognised that, while marriage looks to offspring as its most natural sequence there should be inculated such a thing as parental prudence, and that excess in child-bearing is repugnant to morality.

Husbands! your earnest attention is drawn to the following few words, truly set down by Dr. R. T. Trail, in his great work on "Sexual Physiology and Personal Hygiene":—"It is well understood by physicians that the health of a majority of women in civilised society is seriously impaired and their lives greatly abbreviated by too frequent pregnancies. Thousands are brought to their graves in five, ten or fifteen years after marriage, and rendered miserable while they do live, for this reason. And so general has this conviction become, that women all over the civilised world, and in all classes of society, are more and more resorting to expedients to prevent pregnancy. Restore to woman her birthright, the control of her own person."

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CHAPTER IV.

LIMITATIONS OF THE FAMILY.

MANY persons in this country will be surprised to learn that limitation of the human family has existed in our midst as far back as the commencement of history, only we have left the control of this "limitation" to the rough methods of nature, and exposed ourselves to an immense amount of needless suffering thereby; whereas, if we had brought our intelligence to bear, we might have arrived at the same or a better result by milder methods. We have indeed always had "the poor with us," and thus has been illustrated the immutability of this one among other great laws of nature, that population is limited by, and cannot increase faster than, the means of subsistence.

Humanity has a limited power of choice regarding means—that is all. Men may refuse to admit the principle; they may marry and produce off-spring as if there were no need to think of first providing means for their support; they may think that they have proved how baseless are the assertions of

Malthusians; but a large proportion of the offspring will not reach adult age. They will die from constitutional diseases, arising out of improper or insufficient nourishment; or from fevers due to over crowding, or from want of watchfulness on the part of those who have charge of them—all these being merely proximate or exciting causes, the real cause being the too rapid rate of production of children, and the difficulty of providing all the necessaries of existence that such rate of over production requires.

The choice of the means of limitation is to some extent in our own hands. The rich limit their numbers mainly by celibacy and late marriage, lest they should become poor. The poor refuse to control the number of their offspring, and nature intervenes and cuts off the children while still infants, and shortens the life of the adult. I do not see how anything could be gained in trade disputes and contests that would at all equal what it would be easy to gain by the exercise of Neo-Malthusian prudence.

M. de Tocqueville, the eminent French political economist, thus ably states the cases for the use of preventive means in the following words: "Can it be called immoral in the father of a family if he should wish to have only a limited number of children, proportioned to his means and to the future which his affection fondly pictures for them, and if he should not in carrying out this object

condemn himself (and his wife) to the most rigorous continence? Let any one ask himself whether it is more moral more conscientious, to give birth to children in the midst of privations, or to prevent their being born? And let him reply."

Further—

Matthew Arnold says: "To bring into the world more children than one can afford to keep, is by no means an accomplishment of the divine will, or a fulfillment of nature's simplest laws."

Mrs. Fawcett: "Nothing will permanently affect pauperism while the present reckless increase of popultion continues."

Mrs. Besant, in "The Law of Population," writes: "Among the melancholy consequences of the suffering caused by the pressure of over-large families, we must not omit the foolish and sometimes criminal attempts made by ignorant people to limit the family; the foolish attempt is the prevalent habit of over-lactation, arising from the mistaken idea that conception is impossible during the nursing of a child; the criminal attempt is the procuring of abortion by means of the use of instruments. Too often, indeed, does this come under the head of the positive, the life-destroying checks."

This problem, then, asserts itself: How shall the limitation of the family by lawful and justifiable means be attained? Malthus lays it down, as a principle of duty, that no one is to bring beings

into the world for whom he cannot find the means of support!" This obligation, he says, is "a duty intelligible to the humblest capacity." But, the duty being admitted on all sides, the crucial point is: How is the duty to be fulfilled? Malthus answers: "By delay of marriage." We are bound "not to marry till we have a fair prospect of being able to support our children"; In a right state of society "no man, whose earnings were only sufficient to maintain two children, would put himself in a situation in which he might have to sustain four or five"; a man should "defer marrying till, by industry and economy, he is in a capacity to support the children which he may reasonably expect from his marriage." Thus marriage—if ever possible to the poor—would be delayed until the middle of life, and the birth-rate would be decreased by a general abstention from marriage until a very late age." A doctrine sounding very perfect in theory, but utterly impossible in practice, for men and women are free agents.

Again, the evils resulting from late marriage must not be overlooked. The asceticism and self-restraint which despises the body is a contempt of nature. Dr. Drysdale, in his essay on "Prostitution." says: "The disordered emotions of persons of both sexes who pass lives of voluntary or enforced celibacy are facts of every day observation."

Mr. Holmes Coote, the well-known surgeon, at a meeting of the Medico-Chirurgical Society, was

reported in the "Lancet" to have said: "The evils connected with continence were productive of great misery to society. Any person could bear witness to this who had had experience in the wards of lunatic asylums."

Sir Benjamin Brodie at a social science meeting in Birmingham said "The evils of celibacy were so great that he would not mention them; but they quite equalled those of prostitution." Mrs. Besant writes: "Early marriage is best, both physically and morally; it guards purity, softens the affections, trains the heart, and preserves physical health."

Mr. Montague Cookson says that some may think "prudential restraint after marriage wilder than anything Malthus ever dreamt," but urges that "the number of children born after marriage should be limited," and that "such limitations is as much the duty of married persons as the observance of chastity is the duty of those who are unmarried."

"The Law of Population" says: "It remains, then, to ask: How is this duty to be performed? It is clearly useless to preach the limitation of the family and to conceal the means whereby such limitation may be effected. If limitation be a duty, it cannot be wrong to afford such information as shall enable people to discharge it. The main difficulty in the way is the absurd notion that prudential checks are obscene, and very few doctors until recently have had the courage to face the odium that would arise from a frank treatment

of the subject."

As an illustration of the enormous interest this question has lately awakened, two only out of many letters which have been received are quoted :—

"Sir,—The object of this letter is soliciting advice and direction from you on a subject of delicacy, yet one of some importance to me and my family. It is this: I have been married twelve years last June. As the fruits of marriage we have six children, the youngest now four months old. We are in poor (or at best only moderate) circumstances, and any further increase would be hurtful, not only to us and the offspring itself, but to those already born. It is our hearts' wish and desire to make the children we already have useful men and women for themselves and to society. Our means are limited, and we cannot hope to give them more than a moderate education, and if any more are born to us we do not see how we can provide for them to advantage. We are still young, and unless means are resorted to we may have half-a-dozen more. This thought is enough to make one adopt parental prudence. If you can and will help us, we shall be ever thankful, and shall always remember you as a benefactor. If you have a list of the articles generally resorted to, please forward at once. Anxiously awaiting your reply.

Sincerely yours,

"MRS. E."

"Sir,—Kindly send me some little book on the subject of parental prudence. There is one published which contains some valuable hints to the married on the subject of children. If ever mortal was entitled to a knowledge of anything bearing on a subject of such vital importance to her health and happiness, it is surely me. Married to one who only looks upon a wife as an underling, I am broken down in health from bearing and rearing seven children, so I do think I may innocently try to escape suffering in the future. My health is so impaired that I am only praying that I may be allowed to live and bring up the children I already have, but I want not to be forced to have any more. Please send the book as soon as possible, and the advice contained therein will be thankfully received by

"Yours respectfully,

"MRS. H."

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CHAPTER V.

REPRODUCTION OF THE SPECIES.

FROM the mystery and secrecy in which sexual matters have been shrouded, and from the consequent want of due attention to them, the whole of our moral and social philosophy has been rendered unsound at the core, and the progress of our race considerably retarded.

Probably the most important law of development yet discovered is that which was first enunciated by Von Baer, "that development always proceeds from the general to the special." By this is meant that the earlier stages of any embryo are always the more general, that is, common to a greater number of living beings, and that by each successive stage of development it becomes more specialised, and gradually proceeds, through less and less general types of structure, till at last it ends in the individual. This will, perhaps, be better understood from the following illustration. The human embryo is at first exactly like all other embryoes, and like the simplest form of a living being;

namely, it is a simple microscopic cell. All living beings commence with this, and there is no distinguishable difference between the germ of the humblest plant and of man. This, then, is the most general form of life. At the beginning of life, it is impossible to say whether the embryo is a vegetable or an animal. Soon, however, the special and distant marks of animality appear, but it is impossible to say to which great class of animals the embryo belongs, as it contains characteristics which are general to all. Gradually, however, and by successive stages, it becomes apparent that the animal is vertebrated, next that it is mammal, and afterwards that it is of the human species. Finally, the sex becomes apparent along with the peculiar and special characters which distinguish one individual from all others. Thus we get an exemplification of the great law of progress from the general to the special, which law comprehends every fact yet known.

The scientific classification of plants and animals proceeds in the same way from the general to the special. For instance, one great type of structure is found to be general throughout a large division of the animal kingdom; the modifications of that type are formed according to less general types; and thus we proceed through a series of less and less general, or more and more special types, till we get to the species and individual. Thus are formed the kingdoms, sub-kingdoms, orders, families, genera,

and species of the botanist and zoologist; nay more, it is exceedinaly probable, as Dr. Carpenter says, that the whole scale of being, from the simple cellular plant up to man, has been developed, in the course of myriads of ages, according to the very same law as that which presides over the development of any single being. The organisms which first originated on the surface of the earth were probably those of the most general form; and every plant and animal has successively arisen in strict accordance with this great principle of gradual progress from the more general to the more special.

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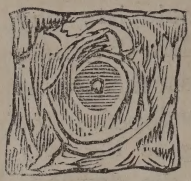
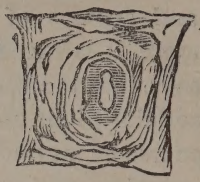


Conception



First Month

Second Month

Third Month

Fourth Month

Development of the Species.

Fifth Month

Sixth Month

Seventh

Month

Eighth Month

Ninth Month

Development of the Species.

CHAPTER VI.

DEVELOPMENT OF THE SPECIES.

BEFORE leaving the interesting subject of the reproduction of the species, we will add a few remarks on generation and development, because some singular reflections arise on considering these wondrous phenomena.

Each human being is called a distinct individual, because he has been produced by an act of generation, and enjoys an independent existence. But it is questionable if this deduction is the correct one, as each of us is formed of a part of his two parents, a part which is indeed separated from them, but which was once included in their individuality. Hence we are merely a part of our parents, largely developed and existing independently ; and therefore a man who has procreated children does not wholly die at death, but a part of him survives in his offspring. In this way a man might also be said to be immortal. Children are in reality parts of their parental organisms, allied to each other in the manner of buds on a tree.

But the whole human family, whether they are descended from a single pair of first parents, or from many, are so connected together by intermarriage that in reality they form one great consanguineous whole. The progenitors of the human species have at some remote period formed parts of the same body. Thus mankind may be called one great composite individual, instead of a collection of individuals. We form an organism, whose earlier parts are dead, and whose life is renewed afresh to the latest posterity by the reunion of some of its component parts.

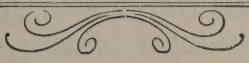
Further following the same idea, it may be said that we are in the same way, though more remotely, connected with all other living beings, and form with them one great individual; but this is only possible if we have been, as everything leads us to believe, developed in connection with them. This great unity of life should serve to bind us more closely to our fellow men and to all living things, and to increase the heartfelt sympathy between the different races and individuals of mankind. However widely separated by time and circumstances, we are in reality all parts of the same being, and our interests are dissolubly woven together. It is practically impossible for one class of human beings to be wretched without ultimately affecting the happiness of the rest—for one organ of the body to be long diseased without in the end involving the others.

By an analytical comparison of the child with its two parents, we may gain an insight into the laws, just as definite and fixed as those of chemistry, or any other part of nature, according to which two sets of qualities of mind and body are blended together, so as to form a third. If we possess any prominent gift of mind or body, the seeds of it must have existed in our parents; and whether we inherit a good or a bad constitution, and a healthy or a delicate mind, depends entirely on them, subject, of course, to the modifying influence of circumstances. It is commonly and vaguely said, that such a child is like its parents and such another unlike; but the truth is, that every child is the mingled essence of its two parents, and must, if we look deep enough, be a thorough representation of them. The laws of hereditary transmission, and of the commixture of parental properties in the child, are as yet little understood, but are a most important province for investigation.

Neither is it yet known what decides the sex; what are the causes which produce at one time a male and at another a female. Some interesting experiments on this subject have been made on plants (and here, as elsewhere, it is only by studying the problem in the lowest organisms and so reducing it to its simplest expression, that we can hope to solve it), and it has been shown that in some monoecious flowers, male organs are produced, if they be subjected to an excessive heat with little

light, and female ones alone if these conditions be reversed. But with regard to the decision of the sex in the human being, nothing certain has been discovered.

Darwin, speaking of the probable commencement of life on the globe, said: "I believe animals have descended from at most only four or five progenitors, and plants from an equal or less number. Analogy would lead me one step further, namely, to the belief that all animals and plants have descended from some one prototype. There is grandeur in this view of life, with its several powers having been orginally breathed by the Creator into a few forms or into one, and that whilst this planet has gone cycling on according to the laws of gravity from so simple a beginning, endless forms, most beautiful and most wonderful, have been and are being evolved."



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CHAPTER VII.

THE SIGNS OF PREGNANCY.

GENERALLY it will be found that the first symptoms of pregnancy are indicated by cessation of the menses, enlargement of the mammæ, morning sickness, distention of the abdomen, and lastly the movement of the fœtus. It must be noted that there are some cases recorded which show that women in whom the menses have never appeared have become pregnant. A married women has a right to suspect that she may have conceived when, at the usual time, she fails to menstruate. A second menstrual failure strengthens this conclusion, although there are many other causes that might prevent the appearance of the monthly flow, as disease of the uterus, general debility, catching cold, etc., and these symptoms should be always taken into account. In the absence of all apparent influences calculated to obstruct the menses, the presumption ordinarily is that pregnancy is the cause of their non-appearance.

This evidence is the more conclusive when the breasts and abdomen enlarge after experiencing morning sickness. Notwithstanding all these symptoms, however, the audible sound of the fœtal heart or the movements of the fœtus are the only infallible signs of a pregnant condition.

A gradual and progressive enlargement of the abdomen is one of the most well-marked consequences of pregnancy. The skin becomes stretched and the navel almost obliterated. The enlargement in general begins to be obvious about the third month, but there are some females of peculiar organisation in whom this sign may not become perceptible until the fifth or sixth month, or even later ; but still it is to be detected.

The breasts of a pregnant female become full and prominent and the areolæ around the nipples undergo changes regarded as highly characteristic of the pregnant state. A mere fullness of the breasts may, of course, arise from other causes. The fullness is not commonly observable until about the second or third month. The areolæ is generally observed to become considerably darker in color and larger in diameter. The skin around the nipples, which forms the areolæ, becomes soft, moist, and slightly tumid The small glandular follicles about it are prominent, and are often bedewed with a secretion. Dr. Montgomery has described, as one of the signs of pregnancy, the existence of a brown line extending from the pubes

to the umbelicus, especially in females of dark complexions.

Quickening is the name applied to the peculiar sensations experienced by a female about the fourth or fifth month. The symptoms are popularly ascribed to the first perceptions of the motions of the fœtus, which occur when the womb begins to rise out of the pelvis; and to this change of position the sensation is perhaps really due. The motions of the fœtus are perceptible to the mother before they are made evident by an external examination. On the occurrence of quickening there is generally great disturbance of the system, indicated by syncope, nausea, and other distressing symptoms. After a short time the female recovers, and, if sickness has attended her, it has been frequently observed to disappear when the period of quickening is past. Females have been known to mistake other sensations for this important function, and in the end it has been proved that they were not pregnant.

Taking the general experience of accoucheurs, quickening happens from the tenth to the twenty-fifth week, but the greater number of instances occur between the twelfth or sixteenth weeks after pregnancy, or between the fourteenth or eighteenth week after the last menstruation. It is a popular opinion that this takes place exactly at the end of four-and-a-half calendar months, but it mostly occurs two or three weeks earlier than this period.

CHAPTER VIII.

THE DURATION OF PREGNANCY.

NO fixed period can be given in connection with this matter. Delivery, according to the standard works on midwifery, takes places at most variable periods. In some some cases gestation continues to the forty-first, forty-second, forty-third, or even the forty-fourth week. Dr. Merriman has published a valuable table on the subject of protracted gestation, on which most medical men have been in the habit of relying. In a large number of pregnancies calculuted by him from the last day on which the females menstruated, and in which the children appeared to be mature. The following were the periods:—

In the 37th week -	3	In the 41st week -	22
„ 38th „ -	13	„ 42nd „ -	15
„ 39th „ -	14	„ 43rd „ -	10
„ 40th „ -	33	„ 44th „ -	4

From this it will be noted the most common

period is forty weeks or two hundred and eighty days. The difficulty in telling exactly when a pregnancy will be completed is in not knowing exactly when it began. Some gestations are more protracted than others, but the average duration is the time above given. A very reasonable way to compute the term is to reckon three months back from the day when menses ceased, and then add seven days to that time, which will be the date, in the following year, of the expected time of confinement. It is customary also for the woman to count from the middle of the month after the last appearance of the menses, and then allow ten lunar months for the term. This computation will prove correct, except in those cases where conception takes place immediately before the last appearance of the catamenia. A few women can forecast the time of labour from the occurrence of quickening (the time when they first feel the motion of the fœtus), allowing eighteen weeks for the time past, and at the conclusion of twenty-two more expecting the confinement. With those in whom quickening occurs regularly in a certain week of pregnancy this calculation may prove nearly correct, but as the period of quickening differs, this mode of computation may prove unreliable.

The English law fixes no precise limit for the legitimacy of the child. In France a child is regarded as lawfully begotten if born within three hundred days after the departure or death of the

husband. There are a sufficient number of cases on record to show that gestation may be prolonged two or even three weeks beyond the ordinary or average term. The variation of time may be thus accounted for :—After insemination a considerable interval elapses before fecundation takes place, and the passage of the fertilised germ from the ovary to the uterus is also liable to be retarded. There are many circumstances and conditions which might serve to dimish its ordinary rate of progress, and postpone the date of conception. This would materially lengthen the apparent time of gestation. It is likewise difficult to determine the shortest period at which gestation may terminate and the child be able to survive. A child may be born, and continue to live for some months, after twenty-four or twenty-five weeks of gestation ; it was so decided, at least, in an ecclesiastical trial. Conception is sometimes prevented by virulent secretions—diseases of the reproductive organs. *Leucorrhœal matter may destroy the life property of the sperm cells. There are many ways, even after impregnation, of compromising the existence of the frail embryo. Accidents, injuries, falls, blows, acute diseases, deficiency of nutrition and development—in fact, a great variety of occurrences may shorten the intra-uterine career.

*For Leucorrhoea (or Whites) see Antiseptic Tablets on Back Covers.

The age at which women cease to bear children is usually from forty to fifty years, but as they may menstruate so they may conceive beyond the last of these periods. It is impossible to fix the age at which pregnancy ceases to be possible, and beyond which it cannot occur. Some eminent medical men mention cases of pregnancy occurring at such late periods as sixty-five and seventy.

Many women during pregnancy are full of fancies and fears that are often without the least foundation, and the husband should use his best endeavours to convince his wife that the fears are not justified. This is important, not only for the health of the wife, but also for the sake of the expected little one. Pregnant women who see unpleasant objects in the streets are apt to imagine that this will affect the child, and are filled with a nervous dread. There is positively no need for such fear. Again, if the movements of the child are not felt for some time, the women imagines the child is dead. This is not at all necessarily so. The movements of the child are often not felt for some time merely because the child is quiet, a condition due perhaps to weakness.

Pregnancy is a trying time with some, and it is a time of little or no trouble to others. When it is over many women enjoy better health than they have ever had before.

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CHAPTER IX.

SONS OR DAUGHTERS.

IT being a statistical fact that a larger number of females are born than males, let us consider what law of nature determines the sexes. Without going into dry figures, let us compare the conclusions derived from many observations, made during many years and in many nationalities. The relative age of the parents even has especial influence upon the sex of children. Seniority on the father's side gives excess of male offspring. Equality of age gives a slight preponderance of female offspring. Seniority on the mother's side gives excess of female offspring. This tallies with the fact that in all civilised countries the proportion of male births is greater than that of females; for, in accordance with the customs of the people, the husband is generally older than the wife A curious incident in confirmation of this law has been recently noted. A lady, married for the second time, is ten years older than her husband. She has two children by him, both girls. Siugular to relate, her first husband was ten years older than herself, and by him she

had four children, of whom three were boys, and the fourth, a girl, had a twin brother.

Still, the relative age is not the sole cause that fixes the sex of the child. Some writers have stated that a southerly or warm and humid constitution of the year is most favourable to the birth of females, while in cold and dry years most males are produced. This statement has not been supported by reliable statistics in regard to the human race, but among farm stock the agriculturists have often observed that the season has much to do with the sex.

The saying among nurses that "this is the year for sons and daughters," is based upon the erroneous supposition that mothers bring forth more male infants in one year than another.

An eminent German medical man has recently declared it possible to have either sex at will, as, in his opinion, it is simply a matter of diet. It is seriously stated, also, that he was sent for by one of the crowned heads, to explain his theory, and no doubt time will elucidate the result of his teachings. A royal accouchment is being looked forward to with great interest, not only by the medical fraternity, but by a great many parents who have an excess of male or female children. So great a desire is expressed by some married persons to have either boys or girls that a settlement of the question is anxiously looked forward to. The discussion of the question is important, for is it

not a "consummation devoutly to be wished" to bring about that Utopian condition, when there would be no sighing maids at home nor want of warriors in the field?

It has been observed that queen bees lay female eggs first and male eggs afterwards. So with hens; the first laid egg are female and the last male products.

Professor Thury, from the consideration of these and other like facts, formed this law for stock-raisers; "If you wish to produce females, give the male at the first signs of heat; if males, give him at the end." It is easy to give a theory, but in an experiment that took place to test this advice it was found that the theory was correct in twenty-nine cases. "I had not a single failure," wrote the stock-raiser "and I do declare that I consider as real and certainly perfect the method of Professor Thury."

It may be asked: What is the result of the application of this law to the human race? a well-known practitioner stated in the London "Lancet," that "in the human female, conception in the first half of the time between the menstrual periods produces female off-spring, and a male in the latter. When a female has gone beyond the time she calculated upon it will generally turn out to be a boy."

A respectable physician writes: In numerous instances that have come under my observation I

found that whenever intercourse had taken place in from two to six days after the cessation of the menses girls have been produced, and whenever intercourse has taken place in from nine to twelve days after the cessation of the menses, boys have been the result. In every case I have ascertained not only the date at which the mother placed conception, but also the time when the menses ceased, the date of the first and subsequent intercourse for a month or more after the cessation of the menses."

The wife, therefore, who would wish to

"Bring forth men-children only."

should avoid exposing herself to conception during the first half of the time between her menstrual periods.

As a rule, a woman has but one child at a time. Twins occur about once in eighty deliveries, and when they do occur are mostly looked upon with disfavour. Husbands should not lay the blame on the wife, because it is just possible he himself is responsible. An instance is recorded of a countryman who was presented to the Empress of Russia who had had two wives. The first had fifty-seven children in twenty-one confinements. The second wife thirty-three in seventeen. All the confinements had been quadruple, triple, or double.

More than two at a birth are seldom encountered, excepting in women over thirty years of age. Instances of quadruplets are fewer than triplets, but

four vigorous infants have been born at a birth. Five living children at a time is very exceptional, and the offspring seldom survive. A remarkable case is on record; A woman, aged thirty, the wife of a labourer, and already the mother of six children, was taken in labour at the seventh month of her pregnancy Five children were given birth to—three boys and two girls—and all were alive. Four children survived for one hour, and the fifth lived six hours.

Some books give seven, eight, nine, ten, and more children at a birth. But these cases are unsupported by proper testimony. The climax of extraordinary assertions is reached, and a good illustration of credulity furnished by the writer Goftr. This traveller, in 1630, asserted that he saw a tablet in a church at Leusdown, about five miles from the Hague, with an inscription stating that a certain countess, whose name and family he records, brought forth at one birth, in the fortieth year of her age, in the year 1276, three hundred and sixty-five children! He adds, rather unnecessarily, that they all died the same day. This monstrous birth was said to have been caused by the countess insulting a poor woman with twins, who prayed that the insulter might have as many children as there were days in the year. This story must be placed among the many other instances of superstition afforded by an ignorant and credulous era.

CHAPTER X.

ADVISABILITY OF PARENTAL PRUDENCE.

REVERTING to the subject of family limitation, we are sure we have made it plain to married people that it rests entirely with themselves so to regulate their affairs that they shall have a healthful, happy family—one in keeping with their means, and one that will prove a blessing to them. The reverse picture is that of a man continually at the grindstone and the woman continually bringing forth a puling, weakly lot of children, who finally have to be kept at the expense of the wise and careful.

Having studied the question as to the advisability of parental prudence, and arrived at the conclusion that it is just and proper that woman should have the right to say how many children she shall bring into the world, it only remains to show how this desirable state of things is to be brought about. In numerous cases it is considered almost criminal for a woman

to conceive, whether from some womb trouble or other cause. The destruction of conceptions has been sought by acts of violence, by doses of poison, that injure and sometimes destroy the body of the mother to reach that of the fœtus in her womb. This is dreadful, truly dreadful. Yet custom has made it common matter, a little thought of matter, of course. Every village has its almost yearly cases of the kind. In this island hundreds of infants are yearly destroyed at or before birth. Some cases are discovered, but many pass undiscovered. We condemn and shudder at the infanticides of China and other countries, yet it is a question if infanticide ever prevailed in any country more than in our own. Here, then, as in every case of disease or other evil, it is better to prevent than to cure, and here prevention is most simply practicable, a means within the reach of all.

The best and wisest of men have laboured with zeal to promulgate a knowledge of this plan. Women have also engaged in it, after having got over the prejudices of old customs, by giving it full consideration. It is alluded to in Mill's "Elements of Political Economy," and still more plainly in the article on the Colonies in the "Supplement to the Encyclopedia Britannica," from the pen of the same gentleman. It is clearly alluded to in Place's "Illustrations of the Principle of Population." It has been broached disgusedly in several newspapers, and preached in lectures to working people

by most benevolent men in all parts of the country. It has been circulated in thousands of handbills throughout populous districts all over the United Kingdom.

Parental prudence has already in England produced considerable improvement, though this is at present practised by the aristocracy and the middle classes alone. When it is practised openly, instead of furtively, it will enable people to avoid the lowest depths of poverty, and elevate the social condition of those most concerned.

Inasmuch, then, as the scruples of incurring heavy responsibilities deter many from forming moral connections and encourage intemperance and prostitution, the knowledge which enables a man to limit the number of his offspring must in the present state of things save much unhappiness and prevent many crimes. Young persons, sincerely attached to one another, who might wish to marry, would marry early, merely resolving not to become parents until their means permitted it. The young man, instead of solitary toil and vulgar dissipation, would enjoy the society and assistance of her whom he had chosen as his companion, and the best years of life, whose pleasures never return, would not be squandered in riot and lost through mortification.

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CHAPTER XI.

ABUSE OF THE MALE GENERATIVE ORGANS.

HAVING in the previous part of this book shown that marriage is a thing not to be lightly thought of, but is the chief event of a man's life, we purpose in the following pages to warn our readers of many insidious forms of disease of the generative organs, principally contracted in the heyday and hot blood of youth, that leave a lasting and, alas ! too often ineradicable effect on the healthiest and strongest constitutions, sapping the life-blood, destroying the vital powers and ending in an old-young age of misery, uselessness, and despair.

The moderate and natural gratification of the sexual organs is conceded by all physiologists to be healthful, but the unnatural pleasure momentarily caused by self-abuse (masturbation) is always injurious to the male or female system, more especially to that of the male, eventually resulting in chronic weakness of the sexual organs, and unfitness and inability to fulfil his marriage vows,

besides unfitting him for the ordinary duties of life. Among the many diseases consequent on this degrading habit is spermatorrhœa. This is caused by the involuntary emission of the seed without copulation, the cause being, as stated above, generally masturbation. The indications are loss of nervous energy and dullness of the mental faculties. The use of Dr. Waters' Spermatorrhœa Ring, an easily adjusted instrument, which gives the sleeper timely warning in case of threatened involuntary loss during the night, is highly recommended by the medical faculty. These can be obtained from L. Jackson, 95, Charing Cross Road, London. Price, 5/- each, post free.

Gonorrhœa is inflammation of the mucous membrane of the urethra, caused by infection or contact with a poison called "gonorrhœal virus." It is not a disease acquired by outward influences (although this theory is generally advanced in favour of and by the person attacked), but arises from the inception of pus during intercourse with a person suffering from the disease. The malady is serious, and one attack increases the tendency and liability to infection. It gives rise to many physical disorders and complications. The incubating stage lasts from two to five days. No time should be lost in resorting to proper medical treatment when there is reason for suspecting infection. (See also Chapter XIII).

Syphilis is a constitutional disease, acquired by

contagion, which is the result of epidemic poison. Only so much is certain—that the infecting matter does exist, is conveyed from one body to another, and is propagated in the infected organisation. The contagion is in the blood of the infected person, so that the slightest particle of syphilitic blood introduced into the skin of a healthy person invariably sets up syphilis. If it be on the skin of the lips, an innocent kiss would be followed by infection. This disease may be inherited or acquired. The life germ may be poisoned from the beginning of its existence if the father suffered in this way. Between the taking of the disease and the appearance of the first symptoms a period of two to four weeks may elapse. The ramifications are so terrible that the sufferer therefrom is to be deeply pitied, and it has been truly stated that syphilis is the worst of all maladies, with the exception of cancer It may here be pointed out to those who lay themselves open to infection that the use of good sheaths (either of the skin or rubber variety) is the only method to escape pollution. The writer of this little work recently received from a soldier in India a communication which stated that he had used a letter on all occasions, and was consequently one of the very few in the whole regiment who escaped contagion. Few have any idea as to the immense sufferings inflicted upon our noble troops by the repeal of the Cantonments' Acts. In its countless forms syphilis is sapping the sources of

vitality, and destroying beauty, vigour, and manhood. When the system is once inoculated, unless the effects be promptly counteracted, the disease increases in virulence, manifests itself ir various forms, and is transmitted to posterity. One generation may escape its effects, the malady cropping up in the next, and those affected, being ignorant of its nature, allow its progress. Many skin diseases are traceable to this source, and no tissue of the body escapes the ravages of this terrible poison.

One of the most dreaded species of venereal disease is known as balanitis. This is brought about by contact with a woman suffering from what is known as "the whites." It developes with itching under the foreskin, and is followed by heat and a discharge of a purulent nature. If neglected the consequences may be very serious. The place of infection is not always the same; for instance, it may be at the entrance of the urethra or higher up, near the neck of the bladder. The deeper the seat of the trouble, the more dangerous. It is quite necessary in all cases of venereal diseases to take a cleansing and purifying medicine. All venereal diseases are noted as coming under two distinct heads:—virulent and non-virulent. The former is, of course, the most alarming, and should have prompt treatment after diagnosis.

The spirit of progress has happily encouraged the attempts originated within the past few years in this

metropolis of London and other large towns to direct the leisure of young men into intellectual channels and afforded them opportunities of spending their evenings in schools, mechanics' institutions, lecture rooms, and popular science classes. Young men of to-day are taught the necessity of regulating their sexual feelings and trained to continence. Self-command and restraint cannot be mastered in a minute, nor can our strongest passions and instincts be reined and curbed, or brought to a dead stand, at a word of command. Love and affection are lavished upon infancy and youth, but knowledge of sexual matters is still with-held, to the detriment of many sufferers, or dealt out with niggardly hand.

I may here take the opportnnity of remarking that, when my opinion is asked by patients whose natural desires are strong, I advise those wishing to conserve their abilities to indulge not more frequently than twice or thrice a week. As a rule great excesses are committed. No general law can be laid down, as so much depends upon temperament, age, climate, bodily vigour, and other circumstances. The high principle holds good that man was not alone created to indulge in this passion, and that indulgence should not be encouraged. Youth does well to husband its strength, and the adult should be chary of exhausting those desires which nature has given him for the perpetuation of the species. If a man advanced in life would preserve his

generative functions unimpaired, he ought to look for only a moderate indulgence.

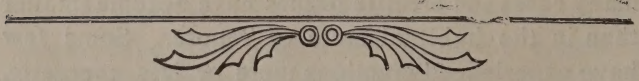
M. Flourens, in his "La Longévité Humaine," says; "It is at the turning point of the physique that the morale enters, in turn, upon its empire—strengthens, expends itself, and gives, as it were, a splendour to the second half of life. Age has a much greater effect on physiological than on sentimental love, as the latter has much need of physical force or juvenile exhaltation. There are men who, always young in heart and imagination, have towards love a constant devotion, which, ever renewing itself, seems to reanimate, instead of exhausting the vital principle." The Cardinal Maury is said to have told the celebrated Portal that "a man of sense past fifty ought to give up the pleasures of love, for every time he indulged in them he threw on his head a handful of earth" (Anglice; "Drove a nail into his coffin.")

Over-indulgence induces impotency, followed by the craving for drugs to rehabilitate the organs. Among the many remedies for loss of sexual power, phosphorus and cantharides have been prescribed from time to time. Remedies of this kind have always been eagerly sought and paid for at any price. Medicines which act upon the organs of generation are known as aphrodisiacs. In all cases of decay and loss of power it is necessary, in the first instance, to arrest change or waste, and then effect a restoration, if such be possible. Later

discoveries have ousted phosphorus and cantharides from favour, and the remedy now generally recommended by most medical authorities is a combination of damianæ and coca. This combination may be taken with safety, the action being slow and sure. One must not expect to cure in a day the ravages caused by years of excesses, DAMAROIDS—a handy form in which to take these drugs—are now on sale at L. Jackson's, 95, Charing Cross Road, W.C. I always recommend those put up to his prescription knowing him to be a man of repute, who has had a large and varied experience in the prescribing of aphrodisiac remedies.

M. Lallemand says :—"The effect produced by cantharides on a healthy man has induced persons to believe that they would restore virility lost by excesses. Thus charlatans, and even many medical practitioners, have at times prescribed cantharides as a traditional resource. I have seldom met with an impotent person who has not had cause to regret the use of the beetle (Spanish fly). The greater proportion have not even experienced the momentary benefit which they expected, and in many cases the erectile tissues have become smaller than in the habitual state of repose. Some few have experienced erections more or less energetic, which have lasted a longer or shorter period ; but the loss of semen has exasperated symptoms instantaneously, or very shortly afterwards."

No doubt can exist that the habitual use of cantharides and phosphorus is prejudicial, but in the present day we have in their place the beneficial damianæ and the rejuvenating coca. The most difficult thing, however, in the treatment of these cases is to bring the patients to exercise self-control. They have never been taught in early life, and they have not practised it since they arrived at adult age; yet, without its exercise all endeavours to obtain convalescene will fail. The self-denial must be mental as well as physical. Sufferers must be impressed with a full determination not to allow themselves to dwell on or think of their complaints. This self-control, in addition to the drugs, is indispensable. When the impression is once awakened that the dread impotence may, after all, be only a delusion, these and all other stimulants should be dispensed with. Plenty of good living, light literature, open air exercise, change of scene travel and society are the greatest enemies of threatened impotency.



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CHAPTER XII.

WAYS AND MEANS OF PREVENTION.

MANY and various are the ways and means suggested as effectual for the prevention of conception. In France, where limited families are the rule rather than the exception, the practice of "withdrawal" is common, but is not recommended on account of its baneful effect on the nervous system. Another, but not always successful means, is the avoidance of intercourse for six days before menstruation, and nine or ten days after.

Dr. Allbutt recommends Soluble Quinine Pessaries as at once harmless and effectual in preventing conception. The use of these pessaries (commonly called "The Wife's Friend") is not at all repulsive to the most refined and delicate feelings, and they possess distinct advantages when compared with most of the other preventive checks.

The same may be said of L. Jackson's "Ladies Safety Cones," the sale of which is largely

increasing, consequent upon their becoming more generally known, and for the proper adjustment of these soluble pessaries an Introducer should be used. These instruments are made of nickel silver, and great care should be taken that they are properly cleansed after use. With either of these pessaries it is recommended that an injection should be used, although it is not positively necessary this should be done until some hours have elapsed.

For this purpose an Enema Syringe, such as Higginson's or Ingram's, should be used. Those who can afford the best should obtain the "Balloon Spray" Syringe, the action of which is double—alternate douche and suction. It is a thorough cleanser, the suction removing all foreign matter from the vagina and neck of the womb. It can be used while lying in bed without getting a drop of water on the bed clothes.

When it is decided to use the syringe a reliable injection can be made by using L. Jackson's Paquets Hygieniques ; or, Sanative and Preventive Powders. One of these powders, dissolved in a pint of tepid water, can be kept in a stoppered bottle ready for use.

The preventive Pessary (the invention of which is attributed by some to Dr. Mensinga, of Flensburg) is, if properly adjusted, all that any woman can require as a preventive check. This is certainly the cheapest means in the long run, and every woman who is satisfied that enough children have fallen

to her share, or who, acting under medical advice, is anxious to prevent further increase, should try this means of prevention. When the pessary is properly inserted there is nothing to interfere with free intercourse, and it can be used without the slightest inconvenience. It is said this can be used without even the knowledge of the husband. Before removing the pessary, which should be allowed to remain in position four or five hours, it is recommended that the vagina should be cleansed by the use of the "Balloon Spray" Syringe, using with it a solution made from L. Jackson's Sanative Powder.

The Combined Sponge-Pessary, lately introduced by L. Jackson, should be found, owing to its scientific construction, to be immeasurably superior to those usually sold.

Many ladies, however, object to their use, and where this is the case, the Female Letter, or Capote Anglaise, will be found a useful substitute. With this impregnation is impossible.

The Sponge is well-known, but is not so effective. In fact, only properly medicated Viennese sponges should be used, and as an extra safeguard, these should be smeared with the Quinine Compound sold for that purpose.

The Reliable Washable Sheath is at once perfectly safe and harmless. To those who cannot afford the ordinary letters these will be indeed a boon.

In the Combined Pessary and Sheath we find a grand combination, for as its name suggests, it can be used either as a pessary or as a sheath (or letter)

Of all the checks existant, however, there is none that can be better recommended than letters. The immense increase in the use of letters renders it necessary that the uninitiated should be instructed in their proper application. A letter is a long circular sheath, closed at one end, and is worn by the male during coition, for the guarding against disease and (when considered advisable) preventing conception. When letters are used, it is impossible that the mucous membrane can become contaminated with the syphillitic viris, or that conception can take place, as the male semen is completely intercepted.

The materials of which letters are composed are two, the first and most convenient being India-rubber (American) and the other skin (French). To properly use the latter they should be wetted and drawn on (like putting on a sock). Care should be taken to leave them loose at the closed end.

The American (India-rubber, rolled) is the favourite by a long way, being almost universally used. They do not require wetting, and are simply unrolled on the penis, care being taken to leave them loose at the closed end, as with the other variety. These American letters are the outcome of the latest medical research, and are the product of the highest mechanical and manufacturing skill

available in the world. Care should be taken that the letters are not injured by the finger nails when removing the paper covering. For this reason they are sometimes supplied in circular form unwrapped.

The American letter is specially recommended. They are rolled up in so small a compass that they can readily and secretly be carried about in pocket book or cigar case without the danger of becoming creased, broken, or torn. A recent introduction is found in the Teat-end Letter. The closed end is of thicker material than the body of the article, and provides a receptacle for the male discharge. These are a very safe and efficient protection against disease, also a good preventive.

The Seamless Washable Sheath is also a late invention. They are remarkably fine in texture, and can be washed and preserved for future use.

Tips (short letters) envelope the glans (or extremity) only of the penis, and are used solely by married persons, not being efficacious against disease.

Spanish letters are composed of skin (like the French), but are curved, and should only be ordered when extra large skins are required.

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NEW WASHABLE SHEATH.

A new form of Sheath with receptacle top made from stout sheet rubber and prepared so that it can be used any number of times, thus proving a great convenience to persons of limited means. If used as directed will last for months.

1s., 2s., 4s 6d , 6s. 6d., 8s. 6d , and 10s. 6d. each.

CHECK PESSARIES

There are several different kinds of these articles before the public ; I, however, only give particulars of those I know are sound and safe checks and are highly recommended by the faculty.

Every woman should carefully ascertain when using the pessaries that they are in their proper position. This can be easily known by following the directions sent with each article.

These Pessaries can be used by the female without causing any inconvenience to the husband. They will be found a prompt check and will last for years.

1/6., 2/6 , 3/6., 4 6 , 6/6 , 8/6., and 10/6 each. Post free.

Jackson's Quinine Soluble Pessaries.

The above is a most successful method of introducing into the parts of the female organisation, that powerful Contraceptive, Quinine. They are generally admitted to be the most simple and and yet the most powerful preventative known. They are quite harmless both to the man and the woman. One is inserted and allowed to remain about five minutes to dissolve, they then set free a few grains of Soluble Quinine which at once neutralises the active properties of the fluid and the Cocoa Butter acts still further as a vehicle to carry away the germs from the parts. It is important that sufficient time be allowed for the Pessary to dissolve otherwise should the Pessary remain in a partly dissolved state, the full benefit of the Quinine will be lost.

I guarantee that each Pessary contains the proper quantity of Quinine and that no deleterious substance other than pure Cocoa Butter is used in their manufacture. I would also **warn my patrons against** cheaper and inferior **makes which, whilst** pretending to do all that is desired, only CAUSE DISAPPOINTMENT AND OFTEN INJURY.

2s. per Box of Twelve, 3 Boxes for 5/-

These Pessaries never vary, being prepared according to the recipe of a well-known physician, and under direct personal supervision.

N.B.—The use of the Balloon Spray is strongly recommended for the sake of cleanliness, but is not absolutely necessary.

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Transparent Sheaths are on the same principal as the Malthus, but are manufactured from animal skin, and sent out in their normal form, unrolled. They are drawn over loose, and then damped with a soft pad or sponge; when so adjusted they are imperceptible. This is their chief recommendation.

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CHAPTER XIII.

VENEREAL OR SEXUAL DISEASES.

OF the multitude of diseases which the human frame is liable to, none cause so much misery, moral and physical, as those called venereal. Many a thoughtless youth has in a moment of temptation, given way to his passions, and thus filled his system with corruption, which may never leave him to the end of his life, or what is far worse, he has poisoned the fountain of his life, he will leave it as a heritage of misery to his offspring, or will taint the blood of the partner of his bosom, making her the innocent partaker of his disease. How many such are there in every locality, dragging out a wretched existence, a misery to themselves and an eyesore to society. They are left, as it were, by the Almighty to warn others against vicious practices, and point the moral of the preacher against vice and immorality.

GONORRHŒA OR CLAP.

This is an inflammation of the mucous membrane

of the sexual organs, accompanied by a discharge, the result of impure connection.

The symptoms of clap are as follows: Shortly after the infection has been communicated, usually from three to eight days, a sensation of heat and uneasiness is experienced at the end of the penis, accompanied generally with a little redness and difficulty in passing water, in a day or two the discharge of matter increases, and becomes thinner and of a greenish or yellowish colour, sometimes tinged with blood.

The head of the penis is red and inflamed, and the urine occasions a scalding pain. When the inflammation extends to the bladder, there is a distressing desire to pass water, with a constant uneasiness about the testicles, and between the legs. When the inflammation is high it produces what is called chordee, in which the penis is in a state of erection, and is curved downward with great pain; this occurs generally when the patient is warm in bed.

From the inflammation phimosis may ensue, in which the foreskin is hard and swollen so that it cannot be drawn back; or, when the swelling takes place behind the head it cannot be drawn forward, and is called paraphimosis.

The glands of the groin sometimes swell and inflame, as well as the testicles.

Gleet is the result of gonorrhœa, and proceeds into the chronic form, after active inflammation

Suspensory Bandages, Guaranteed Best English Make.

For PEDESTRIANS, CYCLISTS, ATHLETES, and all SPORTSMEN.

Should be worn by every man, to avoid to a great extent the fatigue of standing many hours. For walking, cycling, and general athletic pursuits, the Suspensory Bandage is indispensable as they protect the parts from injury during exertion and in many cases *serious accidents are prevented* when they are worn.

Prices—6d., 1s., 1s. 6d., 2s., 3s., 4s. and 5s. each.

Most comfortable in use and self-adjusting. Recommended by the highest Medical Authorities.

ENEMAS, 2s. 6d., *3s. 6d., *4s. 6d. and 6s. 6d. each.

**Complete with rectum, vaginal tube, and shield.*

These Enemas are not to be confounded with the cheap foreign makes usually supplied by stores, but are genuine, reliable Enemas, fully guaranteed.

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A FAMILY GUIDE BOOK of the Twentieth Century, Popular Medical Science and Social Sexual Science. **Price, 8s. net Post Free.**

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Free to Ladies.

A SAMPLE of the MOST RELIABLE REMEDY ever discovered for irregularities and suppressions, from any cause, can be had post free. Thousands of letters of thanks testifying to their speedy efficacy after all other things have been tried in vain. Each purchaser sends back testimonials, as they afford relief in every instance. Or write for our Extra Special Treatment at 4s. 6d., which we guarantee to cure every case, from any cause whatever (genuine). Guaranteed effective in a few hours. Impossible to fail. Delay is dangerous. Send at once to—

NURSE M. A. MANN,
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An interesting guide, 48 pages, 60 illustrations. Sent post free.

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FOR WEAK MEN.

are a Safe and Sure CURE of GENERAL WEAKNESS, SPINAL EXHAUSTION, PHYSICAL DECAY, LOSS OF NERVE POWER, VARICOCELE and SPERMATORRHŒA. They are a Unique & Wonderful Specific for men. **Effectually restore lost vitality and stamina,** counteract results of late hours, excesses, &c. They have cured thousands of cases.

2s. 9d. and *4s. 6d.* per box. or the special Extra Strong, *11s.* per box, which take effect in a few minutes. Call or Write.

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LADIES.

SEND for DR. PATTERSON'S FAMOUS FEMALE PILLS, which remove Irregularities, etc., by simple means in a few hours. Recommended by eminent Physicians and thousands of ladies, being the only Genuine Remedy. Sample Packet, absolutely free. Or in boxes 2s. 9d. special extra strong, 4s. 6d. Secretly packed, guaranteed relief. Manageress—

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"SANTALGONS."

(REGISTERED NO. 303873.)

contain only the finest distilled ESSENCE of Santal Wood; this is admittedly the best remedy for the cure of Gonorrhœa, Gleet, etc.. "Santalgons" are manufactured and filled with the greatest accuracy and skill. The quickest and most beneficial results will INEVITABLY ensue from their use, dissolving slowly and being especially prepared, they do not repeat nor cause nausea in the unpleasant way the soft Sandal Wood Oil Capsules, Santal Pearls, etc., etc. do.

2/6 per Bottle, or 3 Bottles for 6/- post free. Full Directions Enclosed.

CERTAIN CURE.

CAUTION—Santal Essence being somewhat expensive is very liable to adulteration. "Santalgons" are GUARANTEED to contain only absolutely PURE ESSENCE, distilled from selected East Indian Sandal Wood. "Santalgons" should be ASKED FOR and only obtained at the depot where these were purchased, they will be found to be ten times more efficacious than ordinary capsules containing CHEAPER and MIXED quality Sandal Oil.

SPECIAL NOTE—Several unscrupulous firms are copying these goods imitating the package and labels in a fraudulent manner; purchasers are WARNED against these imitations, which are frequently inferior and injurious drugs.

None Genuine unless bearing the Name "SANTALGONS" Regd.

And can only be obtained

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has subsided. It is sometimes very obstinate. Another result of gonorrhœa is stricture, which is a partial closing up of the urethra, or passage leading from the bladder ; this may be known by the stream of water becoming flattened or twisted like a gimlet, or forked.

Stricture causes much pain and inconvenience, and often, if not promptly cured, troubles the sufferer at various times during his whole life.

If the discharge be suffered to remain on the glands of the penis, or on the outside of the foreskin, excoriations, chaps and warts spring up speedily and plentifully, and protrude before the prepuce, or sometimes become adherent to it; therefore this shows how necessary cleanliness is in these disagreeable complaints to escape the vexations alluded to. The earliest symptoms should always be attended to, and where there is the least suspicion that the disease has been contracted (and all the indulgence outside of wedlock is fraught with the greatest danger and risk), prompt and energetic action must be taken.

It is of the first importance to nip, if possible, the disease in its bud; and this can be done frequently and successfully, the adoption of the following method will prove.

TREATMENT.

Immediately on the advent of the first symptoms, or as soon as there is reason to believe that the party must have received the infection, throw up an

injection of Dr. Ricards*. Pour a small quantity of the solution into a wine glass; procure a small glass syringe, fill the same with the preparation; carefully insert the point of the syringe into the urethra, and allowing the penis to rest loosely, press the piston of the syringe, and inject the contents. Hold the syringe still for half a minute, to retain the solution in the urethra, and then suffer it to escape. There is generally some difficulty to a patient's applying an injection for the first time, and there is usually an apprehension lest he force the injection in to the bladder—there is little fear of that occurring, first owing to the general awkwardness, and secondly to the natural resistance which the introduction of a stimulating fluid to a sensitive and resistive passage meets with. If the least pain or sense of distention ensue, the best plan is to withdraw the syringe, supposing half of the injection only to have been thrown up, and suffer the injected fluid to return, and then to apply the the remainder. The disease being rarely seated beyond a couple of inches at the onset, there is no need of the injections higher up, but as it is just possible that an injection might enter the bladder and it might not be advisable that it should go there, the pressure of the finger against the Perineum, during the

*Dr. Ricard's Special Injection for this purpose is absolutely one of the best obtainable, 2s. 9d. and 4s. 6d. per bottle, with full directions (post free).

From The Hygienic Stores, Ltd., Specialists,

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Telephone 13215 Central. Telegraphic Address, "Hygistor," London.

operation, will prevent any fluid passing that spot. The introduction of a syringe, if carefully resorted to, seldom gives any pain—the orifice of the urethra is of course tender, and no violence should be used. On the withdrawal of the syringe and escape of the injection, a slight burning sensation is experienced, which soon subsides, and no further inconvenience is occasioned, until called upon to urinate, when a smart scalding is felt and the last few drops of the urine may bring a spot or two of blood. Succeeding to or before the act of micturition, if it be long deferred, there occurs rather a copious yellow discharge, which is given off from the membrane of the urinary passage in consequence of the injection, and is not to be considered as Gonorrhœal matter. This may be continued more or less for some hours, but it generally subsides into a thin watery secretion. The pain in passing water also goes off, and by night time or the following morning the effects of the injection have subsided. If the operation of the injection be ineffectual, the Gonorrhœal discharge will, in all probability rapidly succeed, and with it the usual sensations of scalding and pain. It may happen to the contrary—the Gonorrhœal symptoms may not have advanced, and there may still remain the red and tender orifice with a slight weeping. It is then prudent to repeat the injection, which will be accompanied by the like result as before, but possibly less acute. Supposing the symptoms of Clap not to advance and yet not wholly to subside,

the operation may be repeated once more. If, despite this third trial, much irritation ensue, with great heat on urinating, or itching after it, and it be attended with pain about the perineum, groin, loins, or testicles, or no amendment be perceptible, the injection had better not be repeated, and the next and best step is immediately to relieve the bowels by a full dose (1 ounce) of castor oil, and to follow the action of the medicine by immersion in a warm bath, availing also of frequent local hot fomentations, and then to treat the disease in the ordinary way.

If, happily, as it very frequently does, the injection annihilates the complaint—a warm bath or two—a day or two's quiet, with temperate living (local support, by means of a Suspensory Bandage*), and the avoidance of all stimulants, will find the patient perfectly convalescent.

If this treatment does not stop the disease, recourse must be had to other means and be used promptly.

A warm bath should be taken every second or third day. A suspensory bandage should be worn, the bowels kept open with castor oil and rest of body and mind strictly enjoined.

Drinks should be of the simplest kind, such as will pass the more readily through the kidneys, and

*Suspensory Bandages for the above purpose are stocked at 1s., 2s., 3s., 4s., and 5s. each, post free.

From The Hygienic Stores, Ltd., Specialists,
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Telephone 13215 Central. Telegraphic Address, "Hygistor," London.

produce the mildest urine; hence, next to water, we have milk and water, weak tea, barley water, flax-seed tea, gum water, or gum arabic (the best quality), may be suffered to dissolve in the mouth, not exceeding an ounce or two in the day, for it is not very digestible, but with the common drinks swallowed from time to time, it unites, and possibly renders the urine less acrid. The various light soups are permissible, such as vermicelli, macaroni, tapioca, and gruel broth. Sweets, pastries, solid dumplings, plum puddings, cakes, and all those sorts of things are bad. The bread should be taken toasted and eaten cold; or it may be sopped in warm tea, or warm milk. Porridge is not objectionable. The best bread, also, is the unfermented; and then, again, the "brown" is preferable to the "white." It helps to keep the bowels open, acts favourably on the kidneys, and at the same time is very nourishing and palatable. Rusks, brown bread, biscuits, and all the light farinaceous preparations are good. All salted meats, savoury dishes, little surprises of delicacies, and "tit-bits" must be avoided. The next and best help is bodily rest.

If a man could lay up for a week, it would nearly cure him, which in ninety--nine cases out of a hundred, is impossible.

Scalding.—Keep the bowels open with castor oil.

Purgation always relieves the scalding. Bathing the penis in warm water, as warm as it can well be

borne, will ease the smarting in passing urine; and if that fail, cold water may be found more effectual. Throwing up, just before urinating, a syringeful of a sedative injection, such as Dr. Ricard's Sedative Injection * to allay the scalding and pain. Throw up a syringeful frequently in the day.

SURFACIAL DICHARGE AND ULCERATION ONLY OF THE GLANS PREPUCE ETC.

Where the discharge is traceable only to the Glans or Prepuce, and is, or is not accompanied by cuticular excoriation, the Antiseptic Tablets (see advertisement pages) will, in one or two applications put a stop to the secretions, and the "abrasive" invasion, or better still a good bathing and syringing with Dr. Ricard's Injection will in most cases effect a cure.

To return to the treatment of the discharge. As soon, however, as the scalding is on the wane, there is no better remedy than SANTALGONS (Regd).—These tiny round Tablets contain only the finest distilled Essence of Sandal Wood, etc. They are admittedly the best remedy forthe cure of Gonorrhœa, Gleet, &c. They are manufactured and filled with the greatest accuracy and skill by L. Jackson, and I strongly recommend these in preference to the many other so-called remedies now before the public, having proved them to be an absolute specfic for all diseases of the urinary system.

*Dr. Ricard's Injection 2s. 6d., & 4s. 6d. per bottle, post free.

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Telephone 13215 Central. Telegraphic Address, "Hygistor," London.

The quickest and most beneficial results will inevitably ensue from their use ; dissolving slowly and being especially prepared, they do not repeat nor cause nausea in the unpleasant way the soft Sandal Wood Oil Capsules, Santal Perles, etc., etc.

"Santalgons" Regd. (The new specific). Sent securely packed and free from observation. 2/6 per bottle or three bottles for 6/- post free (which is usually sufficient for a cure). Full directions enclosed with each bottle.

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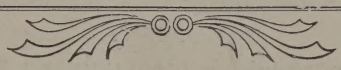
IMPORTANT.

None are genuine unless bearing the REGISTERED TRADE MARK "SANTALGONS," and are only procurable from the sole proprietor as above.

Accept no Substitute.



CHAPTER XIV.

PAINFUL MENSTRUATION—MENSTRUAL COLIC—DYSMENORRHŒA.

THE word dysmenorrhœa means a difficult monthly flow, and is always preceded by severe pains in the back and lower part of the abdomen. It is caused by taking cold during the period; fright, violent mental emotions; obstinate constipation; sedentary occupations; smallness of the mouth and neck of the womb. Females subject to this trouble are generally relieved by marriage. The symptoms are severe bearing down pains in the region of the uterus like labour pains; restlessness, coldness, flashes of heat, with headache; aching in the small of the back, lower part of the abdomen, and thigh; the discharge is scanty, and contains shreds of fibre and clotted blood.

TREATMENT.

The patient should immediately go to bed, and cover up warmly. Stimulating food and drinks should be avoided. Use a warm foot bath and sitting bath, with hot poultices of hops, or cloths

wet in hot water, applied to the abdomen. In the interval of the menses, take active exercise, with a tepid hip bath, three nights in the week, injecting some of the water high up into the vagina. On the approach of the period get a box of Dr. Patterson's Famous Female Pills, which are sold at L Jackson's Stores, 95, Charing Cross Road, London, price 2/9, 4/6 and 11/- per box, which can be taken a few days before the period, and continue taking them in accordance with directions enclosed with each box, until the flow commences.

SUPPRESSION OF THE MENSES (Amenorrhœa).

By suppression is meant a disappearance of the menses, after they have become established, and may be either acute or chronic. It arises from similar causes to those mentioned for Dysmenorrhœa, or may be the result of fevers, and other acute diseases. Chronic suppression may be either a consequence of the acute, or caused by delicate health, also from diseases of the ovaries or womb. It may also be occasioned by an imperforate hymen, in which case the hymen must be opened by a surgeon.

When the suppression is caused by some disease in the system, that disease must be cured before the menses will return. For sudden suppression, use the warm sitting bath, or foot bath. Apply cloths

Depot for Dr. PATTERSON'S FAMOUS FEMALE PILLS.
From The Hygienic Stores, Ltd., Specialists,
95, Charing Cross Road, London, W.C.
Telephone 13215 Central. Telegraphic Address, "Hygistor," London.

wet in warm water to the lower parts of the abdomen, and drink freely of warm water. If the suppression is chronic, and the patient is delicate, in the interval between the menses, use the shower or the full bath of cold or tepid water, rubbing the body briskly with a coarse towel especially around the abdomen, loins and genital organs.

If the discharge cannot be brought on, wait until the next period. A few days before the term, the bowels should be freely opened, and kept so until the period for the discharge has arrived. Dr. Patterson's Female Pills are the best that can be taken. Take from one to three pills daily. If there is no evident reason for the discharge not appearing such as pregnancy, or inflammation of the neck of the womb, and the woman is suffering from the suppression, use Dr. Patterson's Extra Strong Pills, which are for obstinate cases only.

The remedies should always be taken a few days before the period arrives for the menses. If chronic suppression is the result of any acute disease, the health must first be re-established, otherwise it would be wrong to force the menses. When this has been done, six days' prior to the return of the period, a warm hip bath should be taken every night and one of Dr. Patterson's Pills taken three a times a day.

Depot for Dr. Patterson's Famous Female Pills:
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Private and Confidential.

95 CHARING CROSS ROAD, LONDON, W.C.

DEAR MADAM,

I beg to call your attention to my wonderful appliance for use by married ladies desiring to regulate the number of their offspring.

For years past, quacks and others have persistently advertised lotions and nostrums for this purpose, none of which can however be used with any degree of certainty, simply for the reason that THERE IS NO DRUG in the British Pharmacophia that can effectively bring about such pretended results.

The absolute safety of my remedy lies in the fact THAT IT IS NOT A DRUG, but a remarkable ingenious contrivance FOR USE BY LADIES, that cannot fail in its action.

THE ANTI-GENITURE, a secret appliance manufactured from the finest caoutchouc is, at the present moment, in general use in many distinguished French and English families.

It does not possess one objectionable feature. It can be applied with the utmost ease, and if desired, can be used even without the knowledge of the husband.

Should you, owing to declining health or other causes find it desirable not to increase your family, I strongly advise you to send to me for this wonderful invention, which will effectually prevent you having children. It CANNOT FAIL to have the desired effect.

THE ANTI-GENITURE will be sent, PER PARCELS POST PREPAID AND REGISTERED, to any address, SECURELY AND PRIVATELY PACKED in a strong Polished Box, and with the fullest directions for use on receipt of Postal Orders for **10/6** (or two for **15/6**).

Assuring you of my immediate attention to your esteemed command at all times.

I beg to subscribe myself,

Yours most faithfully,

The Manageress.

The ANTI-GENITURE with proper care will last for years.

N.B.—Cheques and Postal Orders to be made payable to The Hygienic Stores Ltd., Cheques to be crossed London, City & Midland Bank.

Two doors from the Palace Theatre.

Private testimony from Specialists and others on the advantages claimed for the anti-geniture as a means for preventing conception.

IT has been my pleasant duty to inspect the ANTI-GENITURE at the Manufactory. My opinion is distinctly, that while using the ANTI-GENITURE, it is simply impossible for a female to become pregnant.

How the French wife so successfully manages to regulate the number of her offspring, according to her desire, has long been a mystery to the people of England. After, however, inspecting this clever appliance, I can truly say it is no longer a mystery to me. With a small outlay, which is infinitesimal, as compared to the expenses attendant upon a confinement, a woman can now, with honesty to her conscience, regulate the number of her children; or when, owing to a delicate constitution, she looks upon the ultimate effects of pregnancy with fear and trembling, she need none at all. The ANTI-GENITURE is therefore an unspeakable blessing to all such; it has, besides, another great point in its favour: it can be used absolutely without the knowledge of the husband, when considered desirable.

The due regulating and proportioning of the population is one of the burning questions of the day for philanthrophic and medical men to fight out between themselves, but this wonderful discovery (the ANTI-GENITURE) bids fair to at once grapple with all difficulties, in the most natural, and at the same time, successful manner.

We can conscientiously allow the claim, advanced by the proprietor of the ANTI-GENITURE, that it is invaluable to those women (and there are unfortunately many of them) who owing to the distortion of the pelvis, cannot bear young with safety. The use of the ANTI-GENITURE seems in every way to serve humanity, and considering that the appliance can be used without breaking any known moral or physical law, we look upon its adoption, more often than not, in the light of a religious duty; more especially in the case of delicate women, when their health and future happiness are in the balance. We must also bear in mind how often the hard working professional man, clerk, or mechanic, suffers great pecuniary loss owing to the rapid child-bearing of his wife, rendering her comparatively, a useless member of the solemn partnership entered into at the altar.

It is stated that the ANTI-GENITURE is a pronounced cure for falling of the womb (prolapsus), and whites (leuchorrhœa).

THE POPULATION QUESTION.

Lady Florence Dixie's Opinion.

IN a letter published Nov. 5th, 1890. Lady Florence Dixie writes :—

"It is a fact that population is increasing at such a rate that at the same rate in 200 years the world will be overrun.

"The rude hand of war, the cruel grasp of pestilence, helps in a manner to keep down the fast increasing millions of creation, but with the advent of arbitration, the bettering of man's condition, will population not at the present rate be increased a thousand fold? Then will the cry go forth, that the world cannot support its over-teeming life, and what remedy can be proposed for such a state of things but that which will arouse a revolution of resistance in men? A terrible struggle will be the result. I see but one remedy for this otherwise inevitable evil, but one construction or demonstration for the solving of the problem. It is the rapid and generous education of the female sex, to be followed by complete emancipation from those selfish and unnatural laws which men have wound round the liberties of women.

"No great social reforms can be carried for the benefit and improvement of mankind until women's undoubted right to be in all things the equal of man be recognised and established by law.

"It must be recognised as women's right to govern the birth of children. Once this is so, I have no fear that educated women will consent to propagate an overcrowded and unhealthy population.

The remedy for this great evil lies only in the use of such an appliance as the ANTI-GENITURE, sold by

The Hygienic Stores Ltd.,
95, CHARING CROSS ROAD,

(2 doors from the Palace Theatre). **LONDON, W.C.**

Telephone No. 13215 Central.

We also Enclose a Booklet containing particulars of other preventatives which are in daily use :— *P.T.O.*

Extract from "The Review of Reviews."—March, 1907.

THE LIMITATION OF THE FAMILY.

FROM THE MOTHER'S POINT OF VIEW.

MRS. ALFRED MACFADYEN writes in the *Nineteenth Century* on the Births and the Mother. She speaks out quite boldly. She declares from personal experience that "a desire for limitation of family is at work through all classes of the English-speaking peoples, certainly among the more provident of all classes." She scoffs at the protests of "celibate or childless men like Father Bernard Vaughan, the Bishop of London, and Mr. Sidney Webb." The restrictive movement is not an outcome of artificial civilisation or city life; for, she says, she finds even on South African farms "the same feeling and the contingent precautions." She argues that "with rational regulation of births the survival rate of infants is raised, and ultimately the marriage rate." She turns trencantly upon her critics, and says:—

Have men who uphold the continuance of war any right to complain if women rebel against enduring without limit the discomforts and pangs of child-bearing and the long sacrifice of child-rearing to provide food for powder? Those who refuse to diminish the death-rate at the expense of their money-bags are not the ones to sit in judgment on women, even if women had no other motive in restriction than to lighten the burden of motherhood. No man with a spark of imagination or chivalry would wish to force upon the woman dearest to him unwillling motherhood.

The women of to-day suffers more than her ancestors both in the anticipation and in the hour of child-birth—that is the price paid in nerves and physique for her more complete and sympathetic share in the work, the thoughts, and the fortunes of her husband and children and for the training which makes it possible. If child-bearing costs more child-rearing costs infinitely more.

The writer sees increasing hope of earlier marriages:—

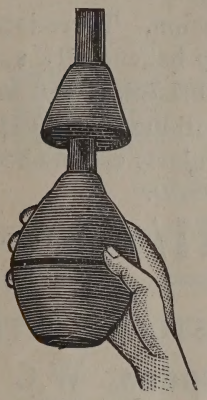
Nothing but the regulation of the number of children can make early marriage possible. Here we come upon the act that under a system of restriction the increase of the marriage rate will help to balance the decline of the birth-rate per mother. If ten women marry and each has three children, here will be as many births as if five marry and each has six. Not only so, but early marria is the solution of most promise in dealing with one great problem which is not often discussed apart from it.

She laments the great evils produced by the refusal of the medical profession to recognise "that the mother's claim is right within proper limits."

LADIES SHOULD NOTE THAT—

The (Anti-Geniture) made and sold by The Hygienic Stores Ltd., 95, Charing Cross Road, London, is the best appliance to use, to prevent this Great Social Evil.

MARVELLOUS SAFETY BALLOON SPRAY SYRINGE.



The most wonderful improvement ever made in vaginal ejection and suction syringes. It is entirely unlike the old style, clumsy, solid-stream syringe so long found inefficient and unsatisfactory. It is the most simple, convenient and effective. Always ready for use, nothing to get out of order no cumbersome waterbags, tubing valves, or shut-offs to cause delay and annoyance. The syringe dilates and flushes the vaginal passage with a volume of whirling fluid, which smoothes out the folds and permits the injection to come in contact with its entire surface instantly dissolving and washing out all secretion and discharges.

Post 10/6 Free. FULL DIRECTIONS ENCLOSED. **Post 10/6 Free.**

USUALLY SOLD AT 15/-

Recommended by London's Greatest Physicians.

Marvellous Balloon Antiseptic Tablets.

A Purifying Healing, and Harmless Antiseptic Deodorant, and Germicide.

ESPECIALLY PREPARED FOR VAGINAL INJECTIONS,

Invaluable in Leucorrhœa or Whites inflamed condition of the vagina and **as a solvent of all secretions and discharges.**

EFFICACIOUS AS AN EVERY-DAY INJECTION.

—:o;—

Directions.

DISSOLVE one tablet in a half pint of hot water, inject with the **Marvellous Balloon Spray Syringe,** allowing the solution to remain in the vagina for about one minute, holding it by pressure on the bulb and soft rubber guard. By relaxing the pressure the injection, together with all **secretions and discharges** (dissolved), will be removed.

For **Leucorrhœa, Vaginal Weakness,** or offensive discharges, and to promote **regularity** in the **menstrual period,** the vagina should be thoroughly douched at least once a day. *For this purpose* one-half a tablet to one pint of hot water will be sufficient cleanliness is an absolute necessity to perfect health.

Price per bottle, 100 tablets 8/-

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THE HYGIENIC STORES, LTD.,

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Depot for Dr. PATTERSON'S Famous

FEMALE PILLS.

BEST for all cases arising from suppression. There is no remedy known that will act so quickly beneficially and effectually as the FAMOUS FEMALE PILLS, they are simply unequalled, but they must be continued regularly until the flow of the menses is fully and regularly established,

FULL DIRECTIONS ENCLOSED.

Price, per Box, **2/9-4/6** | Extra Strong, **11/-** Post Free.

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NOTICE.

The readers of THE HUSBAND'S & WIFE'S HANDBOOK are requested to note that owing to the extremely private and confidential nature of my business, I am only able to publish a few extracts from the thousands of testimonials I continue to receive, as all correspondence is destroyed immediately orders are executed.

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Blood Purifying Pills.

Guaranteed to Cleanse the Blood from all Impurities whether contracted or otherwise.

Permanently cures skin and blood diseases such as Absesses, Bad Legs, Cancerous Ulcers, Blotches, Pimples and Eruptions of every description, Old Sores, Eczema, Scrofula, Scurvy, Boils, Gout, Rheumatism, Dropsy, Glandular Swellings, Spinal Diseases, Swellings. They have a wonderful effect on the Bladder, Liver and Kidneys, cleansing them thoroughly when they are foul, whether caused by Alcoholic Excess or the Secondary Symptoms of Syphilis. They never fail in speedily curing Indigestion, Piles, Whites, Spermatorrhœa, and all discharges of the urinary organs. Erysipelas, Female Weakness and Disorders, Gravel, Stone, and Worms.

Dr. Colman's Blood Purifying Pills, Cures Blood Poison and supplies the blood with its Electric Life Element, so that the duties of life may be pursued with confidence and pleasure. All sores and skin eruption disappear with a rapidity that is really marvellous, especially Itching, Bleeding, Burning, Scaly, and Crusted Skin and Scalp Humours, all of which will be cured as directly and effectually as this remedy is taken.

2/6 per box, post free, to any part of the world

Or in boxes containing six times the quantity

10/6 post free.

P.T.O.

DR. COLMAN'S famous

Blood Purifying Pills.

A few unsolicited testimonials taken from thousands received.

Dear Sirs,

Will you kindly send me another box of Dr. Colman's blood purifying pills. You will remember sending me a box a few weeks ago, I must tell you they have done me an immense lot of good, the pimples are nearly all gone. Yours P.M.

Dear Sirs,

I herewith enclose P.O. for 2/6 for another box of pills, glad to say they have done more good for my Eczema than anything else I have ever taken. I will recommend them to anyone else who has a similar complaint. Faithfully yours, John D.

Dear Sirs,

Please send another box they are doing my boy good.

Yours, Mrs. G. H.

Dear Sirs,

Having recently left London, I find it awkward to give you a visit, please send me a box by return. I may say the sores on my legs are gone and my piles are nearly better. Yours truly D. L.

Dear Sirs,

Just to let you know, I gave the contents of the last box of pills to a friend of mine, and he says that they have done him more good than all the Mixtures, Lotions, and Ointments for which he has paid pounds. Please send me 2 boxes this time by return,

and greatly oblige, F. R.

Important. *Dr. Colman's Famous Blood Purifying Pills are to be obtained only from :-*

The Hygienic Stores Ltd.,

95, Charing Cross Road, London, W.C.

Telephone 13215 Central. Telegraphic Address, "Hygistor," London.